WHAT IS CLAIMED IS:

1. A spread spectrum communication method comprising the steps of:

dividing a communication period for spread spectrum

data into a plurality of communication periods; and

providing an adjustment period for receiving the spread

spectrum data between one data-communication period and

another data-communication period.

- 2. A spread spectrum communication method according to Claim 1, further comprising the step of synchronizing a spread code in the adjustment period.
- 3. A spread spectrum communication method according to Claim 1, further comprising the step of providing a first adjustment period prior to the plurality of data-communication periods.
- 4. A spread spectrum communication method according to Claim 3, further comprising the steps of establishing the setting of a receiving end in the first adjustment period prior to the plurality of data communication periods; and

correcting the established setting in the first adjustment period, between the one data-communication period

and the other data-communication period.

- 5. A spread spectrum communication method according to Claim 1, further comprising the step of holding the adjusted setting of a receiving end in the data-communication period.
- 6. A spread spectrum communication method according to Claim 1, further comprising the step of adjusting gain in the adjustment period.
- 7. A spread spectrum communication method according to Claim 1, further comprising the step of communicating codedivision-multiplexed data in the data-communication period.
- 8. A spread spectrum communication method according to Claim 7, further comprising the step of communicating a signal not multiplexed by code division multiplexing, in the adjustment period.
- 9. A spread spectrum communication method according to Claim 3, wherein gain for the adjustment in the first adjustment period prior to the plurality of data-communication periods is larger than gain for the adjustment in the adjustment period between the one data-communication period and the other data-communication period.

10. A spread spectrum communication method according to Claim 3, wherein an adjusting signal communicated in the first adjustment period prior to the plurality of data-communication periods is longer than an adjusting signal communicated in the adjustment period between the one data-communication period and the other data-communication period.

11. A spread spectrum communication apparatus comprising:

data communication means for communicating spread spectrum data in a plurality of divided data-communication periods; and

adjustment-signal communication means for communicating an adjustment signal for adjusting reception of spread spectrum data between one data-communication period and another communication period.

- 12. A spread spectrum communication apparatus according to Claim 11, wherein the adjustment signal is a signal for adjusting the synchronization of a spread code.
- 13. A spread spectrum communication apparatus according to Claim 11, wherein said adjustment-signal

communication means communicates a first adjustment signal prior to the plurality of data-communication periods.

- 14. A spread spectrum communication apparatus according to Claim 13, further comprising adjustment means for establishing the setting of a receiving end in accordance with the first adjustment signal prior to the plurality of data-communication periods and correcting the established setting in accordance with the adjustment signal between the one data-communication period and the other data-communication period.
- 15. A spread spectrum communication apparatus according to Claim 11, further comprising holding means for holding the setting of a receiving end in the datacommunication period.
- 16. A spread spectrum communication apparatus according to Claim 11, wherein the adjustment signal is a signal for adjusting gain.
- 17. A spread spectrum communication apparatus according to Claim 11, wherein said data communication means communicates code-division-multiplexed data in the data-communication period.

- 18. A spread spectrum communication apparatus according to Claim 17, wherein said adjustment-signal communication means communicates an adjustment signal not multiplexed by code division multiplexing.
- 19. A spread spectrum communication apparatus according to Claim 13, wherein gain caused by adjustment in accordance with the first adjustment signal prior to the plurality of data-communication periods is larger than gain caused by adjustment in accordance with the adjustment signal between the one data-communication period and the other data-communication period.
- 20. A spread spectrum communication apparatus according to Claim 13, wherein the first adjustment signal prior to the plurality of data-communication periods is longer than the adjustment signal between the one data-communication period and the other data-communication period.

21. A spread spectrum communication method comprising the steps of:

dividing data into a plurality of groups of data; transmitting the groups of data one after another to a

receiving end and

transmitting, between each two successive groups of data, information to be used by the receiving end in processing an immediately-following one of the groups of data.

Add Alon